

THOUGHTS ON TEACHING CREATIVITY

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For us performing for an audience is an essential part of circus. When teaching creativity we want to focus on aspects that will lead us towards this goal. There are three main points that help in the process. When creating a circus act, specific circus skills, movement and performance choices are inevitable and essential. That is why we focus on these three aspects when teaching on creativity.

Technical research

Helps you create new material by combining and mixing different skills and working with objects you are not used to. Get out of your comfort zone! That is where all the good things are hidden. There are many good ways to research and find new tricks.

Movement

Body awareness and exploring different movement qualities (e.g. moving fluently) expands the range of possibilities beyond the movement found in training any specific circus technique. A helpful tool for creating movement is using different levels, speeds and rhythms.

Performance

To make a choice on how to present your material or research to an audience. Different techniques can be used here: viewpoints theory, character play, body language,...

Roughly we have two methods:

Choreography based

Working with and/or towards fixed routines of tricks and movement, for example: choose 3 tricks, decide 3 different ways of moving and connect the tricks to each other with the movement.

Improvisation based

Gives more freedom in the beginning of creation. Working with rules and intentions help guide the work towards the chosen goal, for example: roll/push an object through the room without using your hands. Add more rules or limits to alter the research results.

Creativity exercise with ordinary objects:

1. Choose an everyday object (scarf, shoe, book, cup...)
2. Find the natural movement of the object (cup, drinking motion)
3. Find different and unordinary ways to move and use the object
4. Add a juggling prop and combine it to the found movements (catch a ball on the cup)
5. Choose 3 tricks you have found with the objects
6. Make a sequence of 3 moves
7. Combine the tricks with different moves (Use levels, speed, etc.)
8. Add another juggling prop (repeat)

You can also start from the movement and add objects later!